



THE VILLAGE OF
WELLINGTON



Pilates

For Ages 14+

Strengthen and tone all of the body's core muscles through targeted exercises. This class is appropriate for all levels of students by incorporating the use of bands and weights.

Want more? Pilates Plus classes combine Paula's Tuesday and Thursday Pilates classes with her Saturday Yogilates class at a discounted rate!



Register early to ensure your spot

Program	Days/Times	Dates	Fee	Code
Pilates	<u>Tue / Thu</u> 6:00 pm – 7:00 pm	6/13-7/25 No Class 7/4	\$75R / \$94NR	414663 A1
		8/1-9/7	\$75R / \$94NR	414663 A2
Pilates Plus	<u>Tue / Thu</u> 6:00 pm – 7:00 pm <u>& Sat</u> 9:00 am – 10:00 am	6/13-7/25 No Class 7/4	\$90R / \$113NR	414663 B1
		8/1-9/9	\$90R / \$113NR	414663 B2

Location:	Wellington Community Center (561) 753-2484 12150 Forest Hill Boulevard.
Instructor Contact:	Paula Bruce: Phone: (561) 762-9096 Email: paulajbruce@aol.com
Special Notes:	*No class: July 4. Bring your own mat, towel, & water. Some equipment is available for use. It is recommended you bring weights & blocks.



REGISTER ONLINE*

You can register for most programs online at:
www.wellingtonfl.gov/webtrac

By default your initial username and password are set as your Household Number. This number is found at the top left of your registration receipt.

*First time participants must register in-person to establish a household in our system. **Proof of residency and age required.** Not all programs available for online registration. Visit wellingtonfl.gov/activityregistration for more info.

Transfer & Cancellation Refund Policy:

A \$10.00 per participant / activity administrative fee will be deducted for each transfer/refund. If you are unable to participate in your program, you must notify the office before the second activity/ class to receive your refund. No refunds are issued after the 2nd class. No refunds are considered once the activity/class is over, except in the case of a documented medical emergency.

Special Assistance

If you are in need of any special assistance in order to participate in any of our programs, please call Chris O'Connor at (561) 612-6697, at least two weeks prior to the begin date of the program or class.

